



# CLB-5 FAMILY READINESS NEWSLETTER

AUGUST 2010



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### Commanding Officer:

Lt. Col. Jeff Jarosz

### Executive Officer:

Maj. Shane Long

### Sergeant Major:

Sgt. Maj. Brian Cullins

### H&S Co Commander:

Capt. Barrett Dupuy

### TS Alpha Co Commander:

Capt. Matt Zimbalist

### TS Bravo Co Commander:

Capt. Sean Cox

### Maintenance Co Commander:

Capt. Joseph Flynn

### Engineer Co (7<sup>th</sup> ESB):

Capt. Daniel Francis

### Chaplain:

LtJG Saumaleato Fuimaono

### Family Readiness Officer:

Christine Winicki

760.763.1111 (ofc)

760.468.8276 (cell)

### Deputy FRO:

Sgt William McConnell

760.763.4934 (ofc)

William.mcconnell@usmc.mil

### CLB-5 Duty Officer:

760.763.4934

## Commander's Comments

### Lt. Col. Jeff Jarosz

Families and Friends of CLB-5,

Greetings again from the Garmsir District, Helmand Province, Afghanistan. We are approaching roughly the five month mark since we started out back in March/April. As Summer moves to a close for you, we are closer to returning and hopefully, that means some less hot weather for us here. However, I don't think we'll ever feel cool during our tour. Temps are still in the low 100s. Regardless, the battalion continues to grind on with its mission.

Transportation Support Companies A and B continue to drive everyday. Each company has at least one platoon on the move each day with a mission that lasts for approximately 12 hours. Usually, one platoon is on the road and the other two are conducting maintenance on their vehicles or loading their vehicles for the next combat logistics patrol. All told, the Marines have conducted 237 combat logistics patrols. The terrain and driving conditions often are more of a threat than the Taliban with blowing dust and narrow, unstable sand and dirt roads sloping down to numerous canals. After five months of these challenges, our drivers have taken a seemingly routine activity to a new skill level.

Given the challenging terrain and our monster trucks, vehicles are frequently getting stuck in deep sand, sliding off roads, or rolling into canals. Our Maintenance Company wrecker crews have rescued or salvaged 527 vehicles. At times, just to tow one vehicle out of a precarious position and situation, might take a couple of days and a couple of tow trucks and maybe a crane. These are no simple Triple A tow jobs on the I-5 and thus our recovery and maintenance Marines are highly appreciated whenever they arrive on site. The recovery missions, however, are just a fraction of the job Maintenance Co has been performing. To date, maintenance Marines have completed over 3,000 equipment repairs ranging from weapons, vehicles, generators, radios and other heavy equipment.

Engineers continue to pick up work. They im-

proved one major road (trail by our standard) which involved filling holes, grading and compacting approximately 47 kilometers comprised only of "moondust" - dirt the consistency of talcum powder -often ankle deep. The road allows the local donkeys, sheep, goats, camels, mopeds and tractors to move around easier, as well as our own monster trucks. In addition to roads, the engineers have built three patrol bases and are getting ready to build two more. An internal company design competition resulted in the creation of a highly sturdy, protective guard tower which the Marines build and install at each base for the protection of our infantry brothers.

In the midst of all this work, the battalion sent seven Marines to attend the 1<sup>st</sup> MLG's Corporals Course at Camp Leatherneck. All received excellent training and the benefits of peer mentorship for two weeks and, uniquely, in a combat environment as opposed to those getting the Camp Del Mar version. Corporal Chelsey Young (Engineer Co) was named the course honor grad for her overall leadership, academic and military skills performance while Corporal Francisco Salas (TS Co B) was selected by his peers for the course leadership award. The battalion currently has 11 more Marines attending the August course. This issue highlights this great experience that bolsters the professionalism of our most junior leaders.

Other CLB-5 personnel also distinguished themselves during this period. HM1 Papania, (H&S Co) was chosen as the I Marine Expeditionary Force (Forward)'s Senior Sailor of the Quarter. In addition to earning the leadership award at the Corporal's Course, Corporal Salas was the 1<sup>st</sup> Marine Logistics Group (Forward)'s Non Commissioned Officer of the quarter.

Additionally, the battalion completed a rigorous Material Accountability Assist Team inspection from Headquarters Marine Corps. This challenging inspection took place in the midst of operations and demonstrated the Marines' dynamic

**Con't on page 2**

## August 2010 Promotions



Cpl Gopar, Lcpls Cunningham and Potter are promoted at Camp Pendleton

1st Lt Groen, Ross  
 1st Lt Lennon, Chad  
 1st Lt Omarov, Yuliya  
 1st Lt Stauber, Houston  
 Cpl Ayala, Milton  
 Cpl Black, Brady  
 Cpl Burrola, Oscar  
 Cpl Gopar, Eric  
 Cpl Halsey, Ryan  
 Cpl Hinson, Korie

Cpl Lancaster, Geoffrey  
 Cpl Martel, Alexander  
 Cpl Torres, Jeffrey  
 Cpl Wonch, Joshua  
 Lcpl Adcock, Mason  
 Lcpl Cunningham, John  
 Lcpl O'Shea, Carlton  
 Lcpl Potter, Jared  
 Lcpl Sigmund, Justin  
 Lcpl Williams, Jeffrey



Cpl Eugene Cotton, TS Bravo is promoted at Camp Dwyer

### *Naval Achievement Medal Awarded to:*



**Cpl Helen Rosales  
 Maintenance Co.**

### *Certificates of Commendation awarded to the following Maintenance Company Marines:*

Cpl Hughes, Philip  
 Cpl Lopez, Fernando  
 Cpl Plaza, Jonathon  
 Lcpl Castrogarza, Roman  
 Lcpl Roughton, Bryan



### **Con't from page 1**

flexibility and attention to detail. Although challenging, the Marines achieved a superb score and demonstrated 100% accountability of all of its equipment, weapons and vehicles. The following Marines were singled out for their superior contribution to this effort: Cpl Rodriguez (H&S Supply), LCpl DeHoyas (Maint Co), Cpl Rosero (Maint Co), SSgt Avaral (Maint Co), Cpl Hughes (Maint Co), CPL Garcia L (TS

Co A), Cpl Griffin (TS Co A), CPL Hunt (TS Co A), PFC Peters (TS Co A), Sgt Carrabollo (TS Co A). Collectively, the battalion's supply section was determined to have one of the best run supply operations in the 1<sup>st</sup> MLG, achieving a 97% overall score on the assessment of their operation. Thanks to all these Marines, the next battalion after us can rest assured of taking over a highly organized set of gear. With that, the battalion planners are starting to think about mak-

ing our transition back to you. This and succeeding issues of our newsletter will provide you with information to start preparing for return and reunion. As always, our Family Readiness Officer, will continue to be your source for the varied opportunities to prepare. Until then, we'll continue to march.  
 Semper Fidelis,  
 LtCol J. L. Jarosz

## Tip of the spear: Marines graduate Corporals Course in Afghanistan

Story by Staff Sgt. Jennifer Brofer Forward Staff

CAMP LEATHERNECK, Afghanistan – Marines from 1st Marine Logistics Group (Forward) graduated a 3-week Corporals Course at Camp Leatherneck, Afghanistan, July 17. As certificates were presented, the Marines lined up in rows waiting for their names to be called. At the front of the line was a small-framed female Marine; her name was called first.

**Cpl. Chelsey Young, a combat engineer with Engineer Company, Combat Logistics Battalion 5, 1st MLG (FWD), was named the honor graduate of her class of 30 students, consisting of Marines from CLB-5, Combat Logistics Regiment 15, 9th Engineer Support Battalion and 1st MLG (FWD).** For her achievement, she received a noncommissioned officer's sword, which she proudly carried along with her graduation certificate.

It was an "unexpected" accomplishment, said Young after the ceremony. She earned the top score in the class – a 99 average – just .75 points higher than the runner-up, Cpl. Christopher Miller of G-3, 1st MLG (FWD).

Young said one of the most challenging aspects of the course was the grueling physical training, which included a 6-mile hike with full gear, running in the Afghanistan heat, physical fitness tests and field operations.

"At that moment when you're the most tired," she said. "You just have to tell yourself to keep going."

Young, who scored a 300 on her physical fitness test, boasted she was able to shave off 48 seconds from her run time during the course– she now clocks in at 18 minutes, 32 seconds for the 3-mile run.

Although she was the tiniest Marine in the class – weighing in at 95 pounds – her motivation to succeed carried her through the challenging course. She also credits her chief instructor, Gunnery Sgt. Antonio Hairston, to helping keep her motivated.

"Gunny Hairston gave a lot of motivating speeches," she said of the former drill instructor who now serves as the company gunnery sergeant for Headquarters and Service Company, 1st MLG (FWD).

The course helped her realize "what type of leader I was," said Young, 20, from Westland, Mich. One of the most important things she learned from the course, she said, is "always look out for your Marines."



The ceremony ended with the Marines belting out the NCO Creed, their voices echoing off the mess hall walls. Despite her small size, Young stood tall among her peers as they bellowed in unison, "I will never forget that I am responsible to my commanding officer for the morale, discipline, and efficiency of my men. Their performance will reflect an image of me."

jennifer.brofer@afg.usmc.mil

**Photo by Sgt. Brandon Owen**

**Cpl. Chelsey Young, 20, from Westland, Mich., recites the Noncommissioned Officer's Creed during a Corporals Course graduation ceremony at Camp Leatherneck, Afghanistan, July 17. Young was named the honor graduate in her class of 30 students.**

Hospitalman Sean Michael Gallagher is not only motivated and dedicated to the Navy but to the Marine Corps as well. He was the first Corpsman from CLB-5 to accomplish obtaining his Enlisted Fleet Marine Force Warfare Specialist designator and was pinned on 2 July 2010 at Camp Dwyer, Helmand Province, Afghanistan. On a daily basis HN (FMF) Gallagher shows his pride by gloriously wearing his pin. Although he has acquired his pin, his knowledge remains actively crisp by continuously helping his shipmates in acquiring their own. He is the perfect example of an outstanding Corpsman.

HN(FMF) Gallagher on the left getting pinned by HM3(FMF) Thomas





## From the FRO

Deployment Homecomings are a time of excitement, anxiety, readjustment and renewed relationships.

Navigating the maze of feelings related to the actual event and the reintegration time can be overwhelming BUT...

The Marine Corps provides so many opportunities to learn tips, trade stories and make this time filled with happiness:

### CLB 5 Return & Reunion Workshop

EVERYONE is invited to the HAWAIIAN RETREAT Return and Reunion Workshop on Sept. 11. The San Diego Spine and Rehab Center has opened its doors to welcome our families, & provide massages. Activities will include painting **WELCOME HOME SIGNS**, **Hula lessons and contests** and a variety of sessions talking about all the aspects of returning from deployment. Our sponsors, Acts of Ap-

preciation Ministry at Saddleback Church will provide **FREE CHILDCARE, RAFFLE GIFTS** and other surprises!

**PLEASE RSVP by SEPT 1 to the FRO**

**Christine Winicki**  
**760-468-8276**  
**denise.winicki@usmc.mil**

If you need childcare, please provide your children's names and ages so we provide the correct number of providers.

### Kids and Reunion Workshops

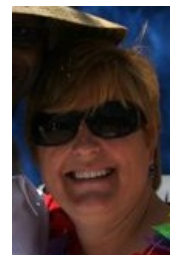
The Marine Corps Family Team Building Center offers TWO SESSIONS to help your kids readjust to having mom or dad return from deployment:

**Aug. 31 from 6-7:30 pm OR**  
**Sept. 30 from 4:30 -6:00 pm.**

Give your kids this special time to help them ease into the new phase of the deployment cycle.

**RSVP to 760-725-9052**

## Christine Winicki



### L.I.N.K.S.

CLB 5 is trying to get a large group to attend the **Sept 1 & 2**

session of this terrific class that teaches spouses all about Marine Corps History & Traditions, Pay & Benefits, Deployment cycle, Moving to a new location, Career Planning and much more.

Yummy food is always served and you get to meet spouses from all over the base.

Free Childcare provided on site!

**Reserve YOUR SPOT EARLY at:**

**760-725-9052**

also send the FRO an email so she knows you will be there—special prizes for attendees!

**denise.winicki@usmc.mil**

**GET INVOLVED: Come over to ABBEY REINKE every Tuesday from 11-1 and help paint Barracks Banners or wrap Welcome Home Comfort Packs**

## HELPERS NEEDED to Create BARRACKS BANNERS and wrap COMFORT CARE PACKS!!



*Do YOU have a flair for lettering?  
 Can you COLOR INSIDE THE LINES?*

*Gift Wrapping—making bows your talent??*

*None of the above but willing to learn???*

**WE NEED YOU!!**

**Tuesdays: Aug. 17, Aug. 24, Aug. 31**  
**Sept. 7 and 14**

**11:00 am to 1:00 pm**

**Abbey Reinke Community Center—in the back by playground**  
**Just SHOW UP and we will put you to work!!!**

## Kids and Reunion

**August 31 6:00—7:30 pm**

**September 30 4:30—6:00 pm**

**HELP your kiddos readjust to  
 mom or dad being home**

**from Afghanistan**

**Call Marine Corps Family Team Building to  
 register**

**760-725-9052**



**HAWAIIAN RETREAT**  
**CLB 5 Spouses'**  
**Return and Reunion Workshop**  
**Saturday, Sept 11**  
**4:30 - 7:30 pm**  
**San Diego Spine and Rehab Center**

No Word on Return  
Dates—

will send out info  
as soon as it is  
available

Come to our relaxed Hawaiian  
"retreat" to get ready for the  
DEPLOYMENT HOMECOMING!!

- Paint a WELCOME HOME sign
- Tasty Island dinner and music
- RAFFLE PRIZES!!!!
- Reunion Tips and Shared Stories
- MESSAGES and Hula Lessons
- FREE CHILDCARE!



**EVERYONE MUST MAKE  
A RESERVATION**

so we know how much food to order  
and how many childcare providers to  
schedule:

Call or email the FRO,  
Christine Winicki and make your  
reservation NOW  
760-468-8276 or  
denise.winicki@usmc.mil

Childcare Reservations: send your  
child's name(s), ages (s) and any  
special needs.

**FOCUS project—  
resiliency training to help  
families face deployment  
challenges**

- Assist children and parents in building a "tool box" of skills to cope with deployment
- Enhance Family communication through shared stories about the deployment experience
- Parent Sessions, Child sessions and Family sessions to learn separately and together

**760-621-4533**

Order Homecoming Banners for  
FREE:

**[www.builddesign.com/troops](http://www.builddesign.com/troops)**  
**1-800-330-9622**

2x4 or 3x6 banners  
Customizable, patriotic themes  
and photos!!



**Surf Lessons at  
Del Mar Beach**  
July 2—Sept 6  
Perfect for ALL ages  
and skill levels

Beginners will be  
standing on a board  
after their first lesson  
and skill surfer improve  
techniques!

\$55—private lesson  
\$35—2-4 students  
\$25—5-8 students

Call 760-429-8326



**SESAME  
STREET/USO  
EXPERIENCE**

**Saturday, August 14, 2010**

**Camp Pendleton Base Theater.**

All shows have open seating. Doors open  
30 minutes prior to show.

1:00 pm, 3:30 pm, and 6:00

**Tae Kwon Do Clinics**  
760-763-4070  
POC: Barbie Buran  
\$35 monthly

Wednesdays 6:15—7:15 pm  
Paige Fieldhouse on Mainside  
Sundays 11:00—12:00 pm  
21 Area (Camp Del Mar)

**GOLFING at Marine Memorial Course**  
**760-725-4756**

FREE Clinic for E-5 and Below on Aug. 29  
12:00-1:30 pm

Women's Golf Clinic on Aug. 28  
1:00-2:30 pm

6 Weeks of Golf for Beginners  
21 Aug—25 Sept 2010



**FREE ITT & LATITUDES TRAVEL**  
**ADVENTURE EXPO**

**August 13th**  
**10am-1:30pm**

**FREE Lunch, Giveaways,  
Attraction & Travel Experts**

**Mainside ITT - Parking Lot**  
(Near the Bowling Center)



**PENDLETON**  
FAMILY RECREATION

**USA**

**SOUTHERN NEVADA**  
EXTENDED DEFINITIONS

**MCPS**  
MC CAMP PENDLETON

**mccsCP.com**  
IN STEP WITH YOU

Follow us on



# Operation Help a Hero Baby Shower



The bright and beautiful weather on July 25th reflected the fun and smiles on the faces of 12 new and expecting CLB 5 moms—the guests of honor at the Operation Help a Hero Baby Shower. The volunteers

of this amazing organization served a delicious lunch and offered free mini-massages. Then, the moms participated in a variety of contests—“onesie” decorating, price is right bath toys, candy doo-doo diapers game, diapering a teddy bear blindfolded, making a bottle with one hand, strapping on a Baby Bjorn and assembling a playmat! Each mom left with a HUGE basket of diapers and baby gear plus a BIG GIFT of either a car seat, stroller system, ride-on toy or crib!!

THANK YOU SO MUCH!!!  
WE LOVE OPERATION HELP A HERO!!



## CLB 5 and CLR 1 Beach Bash in July



Hula Hoop Queen,  
Sophia Jarosz



CLB 5 vanquishes CLR 1 in the Tug-of-War contest with leaders, SSgt Joseph Heredia and Lcpl Allie Fazendin!!!!



Cpl Rachel Tuepker & son, Gavin enjoy the day!



## New Parent Support Program

Becoming a parent is HUGE event and many times military families cannot rely on extended family and friends for help.

The New Parent Support Program is here to help.

**Baby Boot Camp** teaches you Baby Care 101—bathing, crying, safety, parenting. Held once a month.

**Home Visitors** come and meet you where you live—they smooth the adjustment period of new parents, teach good nutrition, child development and play ideas.

**Parenting Classes** allows you to discuss topics that help you raise happy, cooperative children—communication, discipline, self-esteem. Class is taught over 9 weeks—attend one or attend all.

Call: 760-725-3884

All the information can be found on the flyer at this link:

[http://www.mccscp.com/home/Files/pdf/Family\\_Services/MCFTB/NPSPFLYER.pdf](http://www.mccscp.com/home/Files/pdf/Family_Services/MCFTB/NPSPFLYER.pdf)

WIC appointments on  
**CAMP PENDELTON** at  
Abbey Reinke Community  
Center

August 9 & 18  
September 1, 15, 22  
October 6, 13, 27  
November 3, 10, 17  
Call 1-800-500-6411 for  
an appointment



## CLB-5 Babies

PFC Justin and Jennifer Jones welcomed **Lukas Taylor** on June 26, 2010

Cpl Omar and Elizabeth Sanchez welcomed **Alexander Omar** on July 5, 2010

Lt. Michael and Lymarie Pavlick welcomed **Marilyve** on July 9, 2010

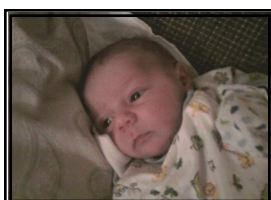
Lcpl Michael and Emily Rivera welcomed **Noah Patrick** on July 12, 2010.

Sgt. Christopher and Vania Boyd welcomed **Ryan Stewart** on July 15, 2010

Lcpl Bryce and Maegin Schuld welcomed **Brayden Alan** on July 22, 2010

Cpl Rob and Amy Nadeau welcomed **Jack and Lukas** on July 28, 2010.

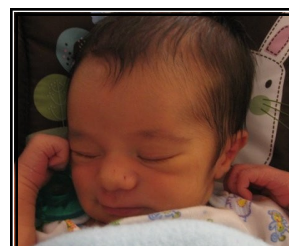
Cpl Perry and Morgan Henderson welcomed **Mason James** on August 6, 2010



Lukas Jones



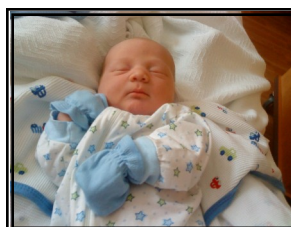
Schuld Family



Noah Rivera



Jack & Lukas Nadeau



Mason Henderson



## AUGUST 2010— ON THE DEPLOYMENT DOWNHILL!!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 9:30 am Beach Walk	6	7
8	9	10 11-1 Volunteer Mtg Abby Reinke	11 L.I.N.K.S. trng 8am-1pm	12 9:30 am Beach Walk	13	14 Sesame Street Show
15	16	17 11-1 Barracks Banners Abby Reinke	18	19 9:30 am Beach Walk	20	21
22	23	24 11-1 Barracks Banners Abby Reinke	25	26 9:30 am Beach Walk	27	28
29	30	31 11-1 Barracks Banners ***** 6-7:30 Kids & Reunion	Sept 1 L.I.N.K.S. trng 8am-1pm	2		

### Schedule of Events

#### 9:30 am Beach Walk Every Thursday

#### **NEW DAY**

bring the kids and your walking shoes to the Del Mar beach Cantina for a walk on the beach.

#### L.I.N.K.S. classes

##### Spouses:

Aug 11 & 12 8am -1pm  
Sept 1 & 2 8am-1pm

##### Kids:

Aug 9 9am -3 pm

#### Kids & Reunion Workshop

Aug 31 6 - 7:30 pm

#### Volunteer Meeting

Aug 10 11-1pm  
Abby Reinke Comm Cntr  
Call FRO if you need childcare  
COME AND HELP WITH  
HOMECOMING PLANS

#### Women's Health Day

Aug 14 8 am - 12:30  
Naval Hospital

#### Sesame Street Show

Aug 14 1pm, 3:30pm and 6pm  
Open Seating for each show

#### Armed Forces Blood Drive

August 31  
9 am - 2 pm  
Marine Corps Family Team  
Bldg Center in San Luis Rey  
Housing Area

### L.I.N.K.S. classes

the best tool to teach you **ALL**  
**ABOUT** the USMC

L.I.N.K.S. Is all about the Marine Corps Lifestyle, Insights, **N**etworking, **K**nowledge and **S**kills to balance your family needs with the Marine Corps needs and how to find help if you get out of balance!

Aug 11 & 12 8:00 - 1:00 pm

OR

Sept. 1 & 2 8:00-1:00 pm—

Let's get as many CLB 5 spouses as possible to sign up so we can all learn together!

Family Readiness Center

CALL NOW to reserve your spot

and for FREE childcare

760-725-9052

**WOMEN'S HEALTH DAY**  
NAVAL HOSPITAL CAMP PENDLETON

**Annual Pap Test  
Mammograms**

**Saturday**  
August 14th 2010  
**0800-1230**

**Location:**  
OB/GYN & Radiology

APPOINTMENTS AND  
WALK-INS  
Paps: 760.725.4357  
Mammograms:  
760.725.1330 / 1329

*We have reserved a day just  
for YOUR health and  
well-being.*

*Take time out of your busy  
schedule just for you!*

*Remember: You'll be able  
to fulfill your many roles  
when you are healthy.  
Prevention and early  
detection are critical to  
your well-being.*

## UNITED THROUGH READING® Update

Our Sailors and Marines will soon be making their way home- something we are all looking forward to! By participating in United Through Reading®, the Sailors and Marines and families of CLB 5 have been able to stay connected in a special way. The DVDs we have received and the pictures, video, and other responses we have sent back have built memories and moments that have served us well throughout this deployment. The benefits of our time spent reading aloud will continue to be evident even after our Sailors and Marines come home. As we talk about all the things we will soon do together, think about making reading aloud on a regular basis one of those special activities.

Let us know about your family's experience participating in the United Through Reading® program. Simply go online and fill out a Homefront Participant's survey on our website, [http://unitedthroughreading.org/utr\\_homefrontsurvey.htm](http://unitedthroughreading.org/utr_homefrontsurvey.htm) This is your opportunity to provide United Through Reading with feedback that they will use to continue to improve the program.

Don't forget to contact our United Through Reading® Homefront Coordinators Penny Fuimaono ([cherulise@yahoo.com](mailto:cherulise@yahoo.com)) or Erin Milnikel ([erinmilnikel@yahoo.com](mailto:erinmilnikel@yahoo.com)), to get your participant comments included in next month's newsletter.

### Benefits

**Fosters creative thinking, problem solving and conflict resolution skills.**

**Expands a child's vocabulary and enhances language and communication skills.**

**Homecomings are easier for parent and child.**

**Increases a sense of security through the emotional closeness established during reading.**

**CONNECT WITH OTHER CLB-5 FRIENDS AND LOOK AT PHOTOS on the 1st Marine Logistics Group Facebook page:**  
type 1st Marine Logistics Group into the SEARCH on Facebook.

**READ OLD NEWSLETTERS AT OUR BATTALION WEBSITE:**  
[www.imef.usmc.mil/MLG/CLR1/CLB5/newsletters/default.asp](http://www.imef.usmc.mil/MLG/CLR1/CLB5/newsletters/default.asp)  
OR type CLB-5 into Google and the homepage shows up

## Chaplain's Corner

### Lt. Saumaleato Fuimaono



*"Stand firm therefore, having girded you loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the Gospel of peace,"*

Ephesians 6: 14-15

Greetings CLB-5

Families, love ones, and Friends, the unification process with our families is closer than it was five months ago and with that comes a lot of anxiety. Wondering how things will be when your loved one returns, how routines will change, and other adjustments we may not even realize we need to make until a particular situation occurs. One key thing to remember is that we still have to focus on the here and now. The Marines and Sailors of CLB-5 still have to perform at their highest level in order to accomplish whatever mission is at hand. It can be very frustrating when the

phone disconnects halfway through a conversation, or when email takes forever to load, or when we are suspended from any kind of communication to the

States due to an emergency situation in Afghanistan.

Please be patient with one another and pray. Sometimes we can get so caught up with ourselves because naturally we are selfish beings. It takes work to think about others and going out of your way to help somebody else. It is very important that right now we pray for one another and ask God for the peaceful reunification of all families in CLB-5 and that it is time of joyous celebration. It is easy not to take responsibility for one another because in our minds we have a tendency of formulating all kinds of reasons not too, but if we do not ask the helpful questions, then we will never know if someone needs our

assistance.

It can be as

simple as, "Is there anything you need or anything I can help you out with." Our minds are powerful tools that can sometimes get the best of us when things may not always seem as our minds perceive situations to be. In Proverbs 4: 23 *"Be careful how you think; your life is shaped by your thoughts."* If you are anxious or are having any kind of problems about reunification process or about relationships please do not hesitate to get guidance from a Chaplain or Counselor. It is better to talk to professionals than to get lost in your thoughts.

Blessings from God above to all of our families and friends and may God's peace be and abide with you all always.



Camp Dwyer August 2010

